

Grace Ski Team Weekly Journal: Week 11 January 11–18

Coach's Comments: Great job at Seward skate, and Congratulations Sarah for qualifying for AWG biathlon! We will gain some distance this week and also do some practice on fast starts as will relate to the classic Sprint race Saturday that follows the distance skate race Friday in Kenai. We need more focus and promptness arriving at the meet– get your clothing and boots on WHEN we arrive– ready to survey the course. Keep you gear– ski straps and poles together ideally with ski bags when finished. Get more kilometers after the race unless we are resting between two consecutive races. Review your Seward DVD this week!

Monday 1/11: 3:50–5p Classic at Service (Sprint technique then Kilometers)

Tuesday: 7:00–8:30p Classic at Hilltop (intervals/distance)

Wednesday 3:50–5:00p Skate at Service (technique then distance)

Thursday 7:00–8:30p No skiing (Turn in skate skis for wax)

Friday: **Kenai** Skate boys 10K at 1 pm; girls 7.5K 2:15p, overnight.

Weekend: Saturday Kenai Classic Sprint (**Skyview**)

Day	Team Plan	Your Activity	Comment
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Weekend			

Observations:

Signed: _____

Confirmed: _____

Coach Reviewed: _____